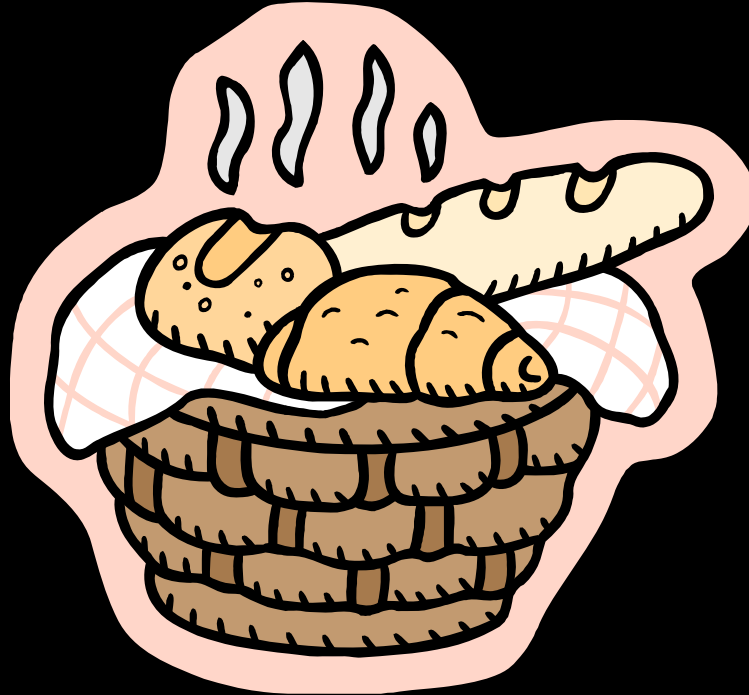


BREADS & GRAINS



Criteria for crediting grains/breads

- Grain/bread items must be enriched or whole grain
- Cereal must be whole-grain, enriched or fortified
- The label must indicate that the product is enriched or whole grain



Criteria for crediting grains/breads



- The item must be provided in quantities specified in the regulations
- One-quarter of a serving is the smallest amount allowable to be credited

Foods that qualify as grains/breads

- Breads (enriched or whole-grain)
- Biscuits, bagels, rolls, tortillas, muffins, or crackers
- Cereal grains (cooked) ex. Rice, oatmeal, grits, etc.
- Cereals or bread products used as an ingredient
- Macaroni or noodle products (cooked)
- Sweet foods made with enriched or whole grain meal or flour

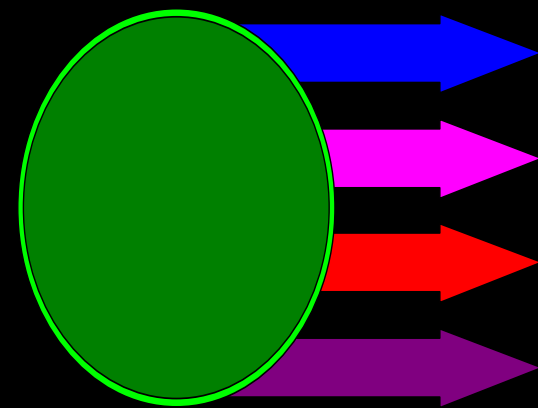
Foods that qualify as breads/grains

- Pie crust
- Non-sweet snack products such as hard pretzels, hard bread sticks and chips made from enriched or whole grain meal or flour



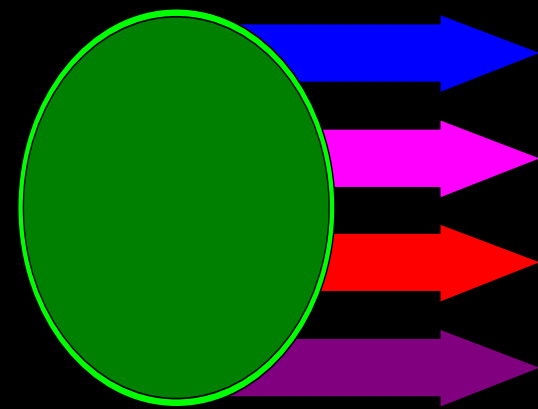
Weight of flour or whole grain in recipe

- 14.75 grams of flour or enriched or whole grain equivalent is required to meet the bread/grain requirement
- 1 cup flour=137 grams



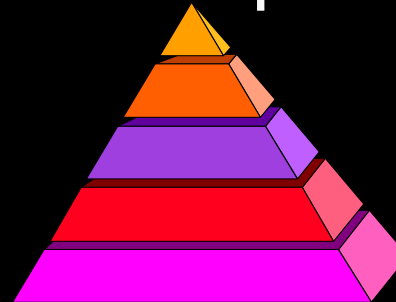
Weight of flour or whole grain in recipe

- One slice of whole grain or enriched bread is equal to one serving of breads/grains



FORMULA for determining weight in recipe

- Take the number of cups of flour or grain in recipe X the gram equivalent (standard gram per cup)
- Divide by number of servings in the recipe
- This equals the grams of flour per serving



Enhanced Food Based only

- When sweet foods are permitted, no more than one grains/bread serving a day may be a dessert.

